

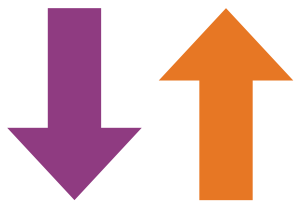


Dating violence activism and digital safety

for teens and young adults

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A healthy dating relationship involves feeling respected, having space for your own interests and development as an individual, and making your own decisions about your body, personal expression, and devices. To learn more about psychological, physical, sexual, and digital dating violence, see Esperanza United's [teen dating factsheet](#) and our [Sexual minority Latin@ youth and gender-based violence factsheet](#).



Learning about the difference between healthy and unhealthy relationships can **reduce young people's likelihood of experiencing violence** and **increase their likelihood to intervene with peers**



Close to **half of teens** surveyed in research reported witnessing jealous or controlling behavior among partners

A 2017 study evaluated a bystander program with high school students found that:

94% of students offered help to a friend they suspected had experienced sexual assault

54% of students who heard a friend insulting a partner said something to discourage that behavior



Preventative safety planning with friends can include talking about going to parties or other events together, staying together, and leaving together

(Urban Institute, 2020; Sargent et al., 2017)

Digital safety, action, and resources



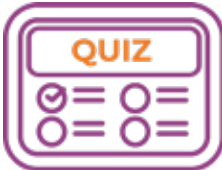
Normalize keeping passwords private



Review your security and privacy settings on social media



Follow and share media content that promotes healthy relationships; promoting awareness through social media reels can lead to attitude change about dating violence (Nicolla et al., 2023)



Take the healthy relationship quiz at loveisrespect.org to find out if your dating relationship is healthy and share with friends



Download a research-supported safety planning mobile app like [My Plan](#)

Resources and tools

[The National Domestic Violence Hotline](#) provides [interactive safety plans](#), education, and confidential support over phone, text, and online chat. Hotline resources are available in Spanish. **1.800.799.SAFE (7233)**

[The RAINN hotline](#), live chat, and [smartphone app](#) gives survivors of sexual violence and their support network access to support, self-care-tools, and education. **1.800.656.HOPE (4673)**

[My Plan](#) is a free mobile app available in Spanish and English developed by survivors for survivors. The app supports safety planning, identifying local resources for advocates and students. The app is disguised as a leaf icon and a PIN is needed to open the plan.

Take the healthy relationship quiz at loveisrespect.org to find out if your dating relationship is healthy and share with friends.

Other mobile resources are available at DomesticShelters.org.



References and readings

[DomesticShelters.org](https://www.domesticshelters.org/resources/mobile-apps-for-victims-and-survivors). (n.d.). Mobile apps for victims and survivors. <https://www.domesticshelters.org/resources/mobile-apps-for-victims-and-survivors>

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